

OUR GUARANTEE: Your order should be perfect, every time. If not, let us know so we can make it right!

Fresh Juices

12 oz... \$5 20 oz... \$7
16 oz... \$6 24 oz... \$8

Extra Ingredients... \$.75/ea

REFRESHED

Spinach, Parsley, Lemon, Red Apple, Cucumber

DETOXED

Beet, Ginger, Red Apple, Lime, Carrot

BETTER *(Flu & hangover remedy)*

Orange, Ginger, Red Apple, Lemon, Cucumber

SNAPPY

Turmeric, Ginger, Lemon, Cucumber, Pure Maple Syrup, Cayenne Pepper

SAVORY

Sweet Potato, Turmeric, Orange, Red Apple

RECOVERED

Orange, Red Apple, Lemon, Pear, Cucumber

POWERED *(Anti-oxidant boost)*

Kale, Broccoli, Spinach, Red Apple, Carrot

LEAN *(Our cancer-fighting green juice)*

Romaine, Parsley, Broccoli, Green Apple, Lime, Cucumber

VIVID

Beet, Grapefruit, Red Apple

MERRY

Cranberries, Grapefruit, Orange, Red Apple

BLACK ORCHID-AID *(Digestive Aid)*

Activated Charcoal, Pineapple, Lemon, Cucumber

GIBE

Kale, Lemon, Celery, Green Apple, Cucumber

Smoothies

12 oz... \$4.75 20 oz... \$6.75
16 oz... \$5.75 24 oz... \$7.75

Base Options: House Made Oat Milk, Almond Milk, Coconut Milk, Coconut Water, Water

Extra Ingredients... \$.75/ea

SWOLL

Chocolate Whey Protein, Banana, Choice of Peanut (PB2) or Almond Butter, House-Made Oat Milk

TROPICAL *(Kids love this one)*

Strawberry, Pineapple, Banana, Coconut Water

BOLD

Blueberry, Mango, Pineapple, Almond Milk

PUMPED

Juiced Red Apple, Banana, Dates, Super-Greens Blend (Spirulina and Matcha), House Made Oat Milk

MIGHTY

Kale, Apple, Pineapple, Mango, Coconut Water

DREAMY

Mango, Vanilla Whey Protein, Orange Juice, Carrot Juice

GREEN

Spinach, Pineapple, Mango, Banana, Almond Milk

CUT

Oats, Vanilla Whey Protein, Pear, Cinnamon, House-Made Oat Milk

PIXIE

Red Apple, Banana, Peppermint, Pineapple, Coconut Water

QUENCH

Cranberries, Vanilla Whey, Orange, House Made Oat Milk

Boosts

PROTEIN POWDER \$1

Plant Protein - 15g
Chocolate Whey - 16g
Vanilla Whey - 16g

GROUND CHIA SEEDS \$.75

Regulate Blood Sugar & Raise Energy Levels

GROUND FLAX SEEDS \$.75

Great Source of Fiber & Omega 3's

CACAO NIBS \$.75

Increase Focus & Help Diminish Appetite

SUPER GREENS \$.75

Spirulina and Matcha Powder

ACTIVATED CHARCOAL \$.75

Removes Toxins, Alleviates Gas & Bloating

ALMOND BUTTER \$.75

Great Source of Protein

PB2 \$.75

Powdered Peanut Butter

Wellness Shots

WHEATGRASS SHOT \$3.50

Organic Wheatgrass

IMMUNITY SHOT \$3.50

Lemon, Ginger, Cayenne Pepper

TURMERIC SHOT \$3.50

Orange, Turmeric, Cayenne Pepper

PRE-WORKOUT SHOT \$3.50

Beet and Carrot

METABOLIZER SHOT \$3.50

Jalapeño, Lemon, Green Apple

 = A Well Pared Favorite

Salads/Wraps

Make Any Of These A Salad Or A Wrap. Gluten-Free Rice Wraps Available Upon Request

Without Chicken \$7.50 / With Chicken \$9.00

GARNET

Romaine Lettuce, Diced Tomato, Shredded Parmesan Cheese, House Made Croutons & House Made Caesar Dressing

ROCKY

Romaine Lettuce, Red Pepper, Red Onion, Goat Cheese, House Made Croutons & House Made Sriracha Pepper Vinaigrette

BOULDER

Organic Arcadian Mix, Pear, Dried Cranberries, Blue Cheese, Pumpkin Seeds & House Made Pear Dressing

GALLATIN

Organic Arcadian Mix, Pear, Red Apple, Red Onion, Goat Cheese, House Made Candied Walnuts & House Made Sweet Onion Vinaigrette

AUTUMN

Organic Arcadian Mix, Red Apple, Roasted Butternut Squash, Blue Cheese, House Made Candied Walnuts & House Made Maple Walnut Dressing

SPICY KALE

Kale, Romaine Lettuce, Red Onion, Sliced Almonds, Shredded Parmesan Cheese, House Made Croutons & House Made Caesar Dressing

TEMPTED

Organic Arcadian Mix, Quinoa, Roasted Spaghetti Squash, Red Onion, Roasted Sweet Potatoes, Parmesan Cheese & House Made Butternut Squash Dressing

Wellness Bowls

Colorful, Filling Dishes Composed of Grains, Veggies, Protein and Seeds
Served with a Hearty Dressing

Without Chicken \$8.50 / With Chicken \$10.00

BULL

Quinoa, Romaine Lettuce, Roasted Cauliflower, Celery, Shredded Carrots, Blue Cheese, Sunflower Seeds & House Made Sriracha Cauliflower Dressing

EMMER

Quinoa, Organic Arcadian Mix, Roasted Acorn Squash, Black Beans, Red Peppers, Dried Cranberries, Sliced Almonds & House Made Garlic Creme Dressing

PLUMP

Quinoa, Spinach, Roasted Butternut Squash, Red Apple, Dried Figs, Candied Walnuts & House Made Cranberry Dressing

MEDIO

Quinoa, Tri-Colored Lentils, Roasted Spaghetti Squash, Purple Cabbage, Green Peas, Red Peppers, Shredded Beets & House Made Acorn Dressing

Granola Bowls

Base Options: Greek Yogurt, Nonfat Vanilla Yogurt, Acai Blend (dairy-free),
Matcha Blend (dairy-free)

P.B.&B.

Nonfat Yogurt & PB2, Topped with House Made Fruity Granola, Banana & Blueberry Compote **12 oz \$5.50 / 16oz \$6.50**

MACHINI

Matcha Blend, Topped With House Made Coconut Granola, Green Apples & Sliced Almonds **12 oz \$6.75 / 16oz \$7.75**

NEWTON

Nonfat Yogurt, Topped with House Made Original Granola, Dried Figs, Pumpkin Seeds & House Made Apple Butter **12 oz \$5.50 / 16oz \$6.50**

NUTTY MONKEY

Nonfat Yogurt & PB2, Topped with House Made Coconut Granola, Banana & Cacao Nibs **12 oz \$5.50 / 16oz \$6.50**

APPLE COBLER

Nonfat Yogurt, Topped with House Made Original Granola, Red Apple, Pure Maple Syrup & Cinnamon **12 oz \$5.50 / 16oz \$6.50**

TANG

Nonfat Yogurt, Topped with House Made Original Granola, Cranberries, House Made Candied Walnuts & Coconut Flakes **12 oz \$6.75 / 16oz \$7.75**

Kids' Menu

PEANUT BUTTER & JELLY

Peanut Butter, Blueberry Compote, Whole Wheat Sunflower Bread *Available with Almond Butter*

Half \$3.50 / Whole \$4.50

PEANUT BUTTER & BANANA

Peanut Butter, Banana Slices, Whole Wheat Sunflower Bread *Available with Almond Butter*

Half \$3.50 / Whole \$4.50

APPLE NACHOS

Red and/or Green Apples Slices, your choice of Almond or Peanut Butter, Sliced Coconut & Dried Cranberries **\$4.00**

APPLE DUNKERS

Apple Slices and your choice of Almond or Peanut Butter **\$3.25**

YOGURT & GRANOLA

Nonfat Yogurt, Choice of Granola **12 oz \$3.50 / 16oz \$4.50**

Weekly Specials

House Made Soups and Other Specials

HOUSE MADE SOUP

12 oz \$4.50 / 16oz \$6.00

 = A Well Pared Favorite